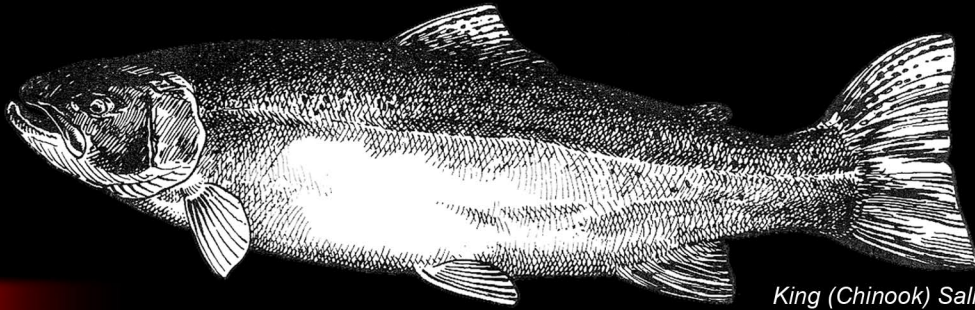


# Eat Wild - Live Healthy



King (Chinook) Salmon

## Health

- ✓ Farm-raised salmon mature in crowded pens and receive **antibiotics**, **vaccines**, and other **chemicals** to prevent the spread of disease. These elements, many considered **cancerous**, accumulate in the flesh of the farm-raised salmon. Levels of chlorinated pesticides, dioxins, PCBs and other contaminants are up to 10 times greater in farm-raised salmon than in wild Pacific salmon.
- ✓ They consume **chemically** formulated fish chow and **pink dyes** to add artificial color to their normally pale gray flesh.
- ✓ Using the US EPA consumption advisory for **cancer**, the following consumption restrictions general public are advised for farm-raised salmon:
  - North America – 1 serving every 2.5 months
  - South America – 1 serving per month
  - Europe – 1 serving every 5 months
- ✓ **Frequent** and **excessive** use of antibiotics poses a risk to human health by allowing disease microbes to become **resistant** to antibiotic treatments making it more difficult to treat human disease.

## Environment

- ✓ Farm-raised salmon regularly **escape** from man-made pens and **compete** with local wild salmon for food and habitat, creating **invasive species** that displace Pacific salmon.
- ✓ Salmon farms **pollute** the environment with waste, uneaten food, chemicals, and antibiotics.
- ✓ **Diseases** from farm-raised salmon **spread** to native fish populations.

## Economy

- ✓ Salmon farms **threaten** local fishing businesses and **affect economies** of the local fishing communities.
- ✓ Fishing constitutes the **economic backbone** of many communities of the Northwest.
- ✓ Buying local helps keep money in the county creating a **multiplier effect** within the local economy.
- ✓ In NW Washington, certain wild salmon prices **remain competitive** with farm-raised salmon, making it an affordable and healthy alternative.



**She Nah Nam Seafood**  
**Nisqually Indian Tribe**